

PAL for Moms Bipolar Disorder Care Guide 2020

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Bipolar Disorder

Key facts: 60–70% of women with BD experience a mood episode during pregnancy and the postpartum period. Screen for bipolar disorder in all women with perinatal depression, especially if you are considering starting an antidepressant. For those who screen positive, prioritize safety assessment and management of sleep disturbance while awaiting psychiatric evaluation.

Diagnostic criteria for bipolar disorder:

Bipolar I disorder: at least one lifetime manic or mixed episode; Bipolar II disorder: at least one lifetime hypomanic episode and at least one episode of major depression.
Symptoms of mania (lasts 1 week or requires hospitalization): D = Distractibility, I = Irrresponsibility, G = Grandiosity, F = Flight of ideas, A = Activity increase, S = Sleep deficit, T = Talkativeness. Symptoms of hypomania – same as mania, for 4 days / without impairment

Effects of untreated bipolar disorder:

On mother: Risk of relapse, suicide, comorbidities
Antepartum hemorrhage, placental abnormalities
On baby: preterm birth, low birth weight, microcephaly, neonatal hypoglycemia

Risk assessment

Suicide risk: C-SSRS
Risk of infant harm – First determine if thought of harming infant is an intrusive thought (unwanted negative thoughts that are frequent and difficult to dismiss) or infanticidal ideation (due to a psychotic symptom). Ask questions assessing specific content of the thought, and emotional and behavioral responses to thoughts.

Examples of other questions that could be asked, taken from the Postpartum Bonding Questionnaire (Brockington et al 2006)

- Have you felt irritated by your baby?
- Have you had significant regrets about having this baby?
- Does the baby feel like it's not yours at times?
- Have you wanted to shake or slap your baby?
- Have you ever harmed your baby?

Screening tools:

CIDI (Composite International Diagnostic Interview) based screening tool for bipolar spectrum disorders – 3 minutes to complete, clinician administered.

MDQ (Mood Disorder Questionnaire) – 5 minutes to complete, self-report.

Critical to screen for comorbidities such as anxiety, substance use

Pharmacological treatments:

Use monotherapy where possible

Individual risk benefit analysis is important

Acute treatment of perinatal bipolar depression:

lamotrigine or quetiapine

Acute treatment of mania or mixed: quetiapine, benzodiazepine, lithium

Maintenance: Lamotrigine, lithium, second generation antipsychotic

Non-pharmacological interventions:

Evidence based psychotherapies: Cognitive Behavior Therapy (CBT) and CBT – Insomnia; Interpersonal and Social Rhythm Therapy

Light therapy

Counsel on lifestyle issues and sleep, help plan how to implement these suggestions

A note on postpartum psychosis

Rare (prevalence 0.1%) but a psychiatric emergency requiring hospitalization.

Rapid onset, highest risk in first 4 weeks postpartum, may occur up to 12 weeks postpartum

Higher risk in those with past episodes and bipolar disorder

Symptoms: mood swings, confusion, strange beliefs and hallucinations

Brockington, I. F., Fraser, C., & Wilson, D. (2006). The postpartum bonding questionnaire: a validation. *Archives of women's mental health*, 9(5), 233-242.

Chessick, C. A., & Dimidjian, S. (2010). Screening for bipolar disorder during pregnancy and the postpartum period. *Archives of women's mental health*, 13(3), 233-248.

Perinatal Bipolar Disorder Medications

Drug Name (Common brand name)	Starting Dose and titration	Common side effects / adverse effects	Use in Pregnancy	Use during Lactation
Lamotrigine (Lamictal)	25 mg / day for 2 weeks; 50 mg / day for 2 weeks; 100 mg for 1 week, 200 mg (usual maximum dose)	Serious rash including Stevens Johnson syndrome, nausea, dizziness, ataxia	No increased risk of congenital malformations 29% need dose increase during pregnancy. If dose was increased during pregnancy, taper to pre pregnancy dose within 2 weeks	RID 1.8 – 21. Considered compatible. Monitor for sedation / rash in infant.
Lithium	Acute mania/mixed episodes / or acute bipolar major depression: Initial: 600 to 900 mg/day in 2 to 3 divided doses; increase based on response and tolerability by 300 to 600 mg every 1 - 5 days to usual therapeutic dose range of 900 mg/day to 1.8 g/day. ¹	Hypothyroidism, polyuria, weight gain, serotonin syndrome	Ebstein's anomaly ² – rate of 0.01 – 0.05% compared to a population risk of 0.005% Higher odds of: Any congenital anomaly (4.1%, OR 1.8, NNH 33) Cardiac anomaly (1.2%, OR 1.86, NNH 71) Increased rates of neonatal readmission No known effects on neurodevelopment Check levels monthly through 34 weeks then weekly. May need increased dose. Adequate hydration during labor, decrease dose to pre pregnancy dose after delivery.	RID 3 – 69. Not considered compatible.
Valproate (Depakote)	Not considered safe to start during pregnancy / in reproductive age people in general	Dry mouth, tremors, headache, weight gain	Dose dependent increased rate of congenital malformations – 5 to 25% (neural tube ³ cardiac and craniofacial) and neurodevelopmental problems (reduced IQ, autism spectrum disorders, and attention-deficit/hyperactivity disorder)	RID 0.1 – 3.9. Considered relatively safe. Monitor infant for sedation
Carbamazepine (Tegretol)	Not considered safe to start during pregnancy / in reproductive age people in general	Dizziness, ataxia, blurred vision, nausea, rash	Dose dependent increased rate of congenital malformations 3 to 9% (neural tube ³ , urinary tract and craniofacial malformations).	RID 1.1 – 7.3. Considered relatively safe. Monitor infant for sedation
Oxcarbazepine	Not safe to start during pregnancy / in reproductive age people in general	Dizziness, ataxia, blurred vision, nausea, rash	Insufficient information but appears to be less frequently associated with congenital malformations.	RID 1.5 – 1.7. Considered relatively safe. Monitor infant for sedation.

RID= relative infant dose; NNH – number needed to harm

1. Check serum levels - 0.8 and 1.2 mEq/L recommended; some respond to lower levels (eg, 0.6 mEq/L).

2. Displacement of the tricuspid valve into the right ventricle; prognosis depends on severity of the lesion. Obtain high resolution ultrasound and fetal echocardiogram at 16 weeks gestation.

3. Risk of neural tube defects may be reduced if folic acid 5 mg is taken for one month preconception and throughout first trimester. Obtain high resolution morphological ultrasound with assessment of nuchal translucency.

Perinatal Bipolar Disorder Resources:

Review article:

Review of psychotropic drug use for bipolar disorder in the perinatal period:

<https://www.sciencedirect.com/science/article/pii/S0146000520300112>

Patient handouts:

Handout from the International Society of Bipolar Disorders on healthy routines and rhythms during the pandemic and beyond:

https://www.isbd.org/Files/Admin/COVID_PSA/COVID_PSA_English.pdf

Wellness tracker from Depression and Bipolar Support Alliance that includes mood, medication and lifestyle trackers:

<https://www.dbsalliance.org/wellness/wellness-toolbox/wellness-tracker/>